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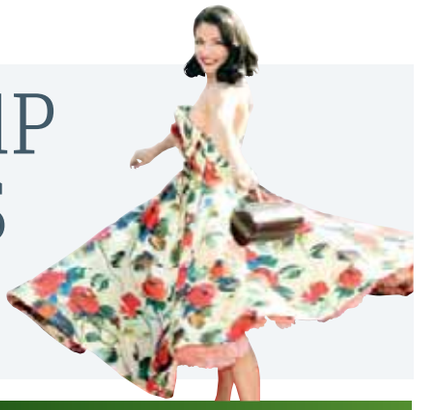
IT WASN'T JUST THE SWELTERING TEMPERATURES THAT KEPT THINGS BLAZING AT THE EMMYS PAGE 19



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Stamps' luck turned UPSIDE DOWN

PAGE 27

Calgary Stampeders wide receiver Romby Bryant and wide receiver Johnny Forzani celebrate a two-point conversion on Sunday as Saskatchewan Roughriders defensive back Milt Collins stands on his head during Sunday's game in Regina. The Riders defeated the Stampeders 30-25. LIAM RICHARDS/THE CANADIAN PRESS

Official leery of Tsuu T'ina traffic study

Surprised. Alderman says development of hotel and entertainment complex came 'without warning'

Fearing mass congestion down the road, a Calgary alderman is questioning the findings of a traffic study commissioned by Tsuu T'ina Nation ahead of a new hotel and entertainment complex development.

Ald. Brian Pincott, whose ward runs adjacent to the nation, said roundabouts constructed at 37th Street S.W. and Glenmore Trail are already "at capacity."

The roadways were put in place after concerns from the city over traffic jams created by the Grey Eagle Casino, which opened on Tsuu T'ina land in 2007.

Metro's request

- **Turned down.** Metro repeatedly requested a copy of the traffic study commissioned by Tsuu T'ina Nation but was told it was too large to transfer electronically. A request to look over the study at the band office was also turned down.

The nation announced last week it's proceeding with a 178-room hotel and 2,000-seat entertainment complex on plots surrounding the casino and expanding the gaming area at the existing facility. There are currently no plans to enhance roadways in the area.

But Nation Chief Sandford Big Plume told reporters at an unveiling event last week that a traffic study commissioned by his council was conducted in April and determined the expansion would not impact traffic flow.

Pincott isn't buying it.

"I have no idea what this report is," he said. "All I do know is the City of Calgary was not involved in it in any way. Where did they get their data?

"This whole thing came without warning."

But Morten Paulsen, a spokesperson for Tsuu T'ina, said data was acquired from the city and added that the traffic study was included in an application for the expansion development made to the Alberta Gaming and Liquor Commission (AGLC), which was ultimately approved.

A spokesperson with the AGLC confirmed receipt of the traffic study, but said the organization would only be tasked with approving the gaming area expansion.

JEREMY NOLAIS/METRO

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E. coli contamination

Beef recall expanded, adds smaller grocery stores

The recall of ground beef from Edmonton-based producer XL Foods is being expanded again.

The recall because of possible E. coli contamination was first announced by the Canadian Food Inspection Agency a week ago and since then has been expanded six times.

It affects ground beef sold by Sobeys, Foodland, IGA and Douglas Meats stores in the Prairie provinces, as well as other stores across the country. The expansion adds many smaller grocery stores.

A complete list of affected stores and products can be found on the food-inspection agency's website at inspection.gc.ca.

THE CANADIAN PRESS

Athabasca

Man dies in quad accident

A quad collision killed a 24-year-old man north of Athabasca on Sunday morning.

The accident happened just after 11:30 on Highway 813, about 30 kilometres north of Athabasca.

An RCMP news release says investigators determined the young man was headed southbound when he made an abrupt left turn, without looking, to cross the highway. A southbound pickup truck collided with him.

The man was thrown from the quad and later pronounced dead on the scene. Police are not laying charges in the accident. METRO

Calgary police Insp. Michael Watterston says a more important figure than the number of people caught driving while impaired is the number of drivers who heeded the message and stayed off the road. "Deterrence is the strongest message," he said. METRO FILE

How to nab an impaired driver?

Tactics vary.
Edmonton runs far fewer Checkstops than Calgary but catches more people driving while drunk

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Calgary runs three times more Checkstops annually than Edmonton, but police in the capital city charge more offenders overall with impaired driving.

Data provided by police forces in Alberta's two largest cities over the past five years show differing approaches to fighting drunk driving. The greatest contrast came just last year when Calgary ran 164 Checkstops, compared to Edmonton's 37.

Despite this, overall enforcement numbers — Checkstop or otherwise — show that Edmonton charged 30 per cent more people with impaired offences.

The stark contrast in tactics spurred discussion among police and proponents of anti-impaired-driving measures about how best to combat the problem.

Edmonton police Sgt. Conrad Moschansky said Checkstops in that city are held on "strategic dates." On top of that, patrol cars routinely swarm areas where there is a high density of bars or a party through a tactic described as intelligence-led policing.

"We are not going to stop all the traffic on the roadway, but we are going to conduct vehicle stops in the area," Moschansky said.

Calgary police Insp. Michael Watterston, meanwhile, suggested a more important figure than the number of people caught driving while impaired may be an incalculable one — the number of drivers that heeded the message and stayed off the road.

"Calgarians know this is the city that has the year-round Checkstop. Certainly, deterrence is the strongest message," he said.

Talk of Checkstop levels has entered the political arena in recent weeks, with the opposition Wildrose calling for added Checkstop enforcement as opposed to strengthened administrative penalties introduced by the ruling Tories that came into effect on Sept. 1.

Requests made to media representatives of Wildrose over two days in the hope of discussing the Checkstop data were not returned.

Besides Checkstops, Calgary and Edmonton each maintain year-round systems for members of the public to report suspected drunk drivers.

Jonathan Denis, the Alberta solicitor general and justice minister, said the data shows Checkstops are just one piece of the puzzle and each city police force needs to determine its own effective deterrent measures.

"The way to measure success, frankly, is if there are fewer people caught drunk driving because there are fewer drunk drivers on the road and people are acting more responsibly," Denis said.

Follow Jeremy Nolais on Twitter @Metro_Nolais

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Provincial elections. Alberta Party to remain political option

The Alberta Party will remain a political party after failing to win any seats in the provincial election back in April.

In a vote at the party's annual general meeting in Calgary on Saturday, two-thirds of respondents said the party should continue as a registered political party as opposed to folding.

"After the results of the election, we put it all out on the table to let our members decide our fate," incoming party president Will Munsey said in a release. "The majority has spoken and their message is that this is a movement worth continuing."

The present-day Alberta Party was formed two years prior to the 2012 election, Munsey added.

Former party president Glenn Taylor announced his resignation over the summer, which became official on Saturday. METRO

Calgary Centre

Federal Liberals introduce candidate

The federal Liberals announced their nominee to contest the vacant riding of Calgary Centre.

Harvey Locke will battle it out with Conservative candidate Joan Crockatt and recently-announced Green Party candidate Chris Turner.

The riding was left vacant when former MP Lee Richardson left his post to work in the Alberta premier's office. METRO

Alderman

911 collected fees should be distributed: Mar

Ald. John Mar believes some of the money collected in 911-access fees on cellphone bills should flow to emergency communication centres in Alberta.

Mar plans to put forward a motion at Monday's council meeting asking the province to consider the suggestion.

He notes that each landline in Calgary kicks in 44 cents a month to support 911 services. METRO

Strathmore. Two charged in 2011 home invasion

Two people were arrested and charges were laid in connection with a violent home invasion in June of 2011.

After a yearlong investigation, Strathmore RCMP charged Mohamed Elrafih, 20, and Belal El-Karaouni, 22, on Sept. 20, police said. Both face numerous charges, including break-and-enter, break-and-enter with intent, robbery with a firearm and forcible confinement after a June 2011 home invasion where the homeowners were allegedly hurt, and a dog was shot. A subsequent police pursuit occurred near Cheadle, Alta.

A warrant has been issued for the arrest of a third person who police believe may have played a part in the alleged robbery.

Strathmore RCMP worked with the Calgary Police Service on the investigation. METRO

Prairie Punks leader Ryan Jones is backed by teammates, from left, Jolene Jones, Jayson Stahlbaum, Kim Mayhew and Colin Slater at the 18th Annual AIDS Walk for Life on Sunday. LISA WILTON/METRO

Walking for love and for Life

Scotiabank AIDS Walk for Life. Annual event attracts hundreds of supporters to help raise awareness

LISA WILTON
lisa.wilton@metronews.ca

More than 700 Calgarians took advantage of Sunday's sunny, warm weather to take part in the 18th Annual Scotiabank AIDS Walk for Life.

Cheering participants donned brightly coloured wigs, face paint and neon spandex tights as they made their way through the 45-minute course, which started at Eau Claire Market.

The yearly event raises money to support services and community programs for those living with HIV and AIDS, as well as educating Canadians about the issues surrounding HIV/AIDS.

Sunday's walk raised $157,360 through donations, pledges and sponsorship.

Quoted

"It's really important Calgary takes ownership of this issue."

Susan Cress, executive director of AIDS Calgary

"It's become a more engaging event," said Ryan Jones, a longtime AIDS Walk supporter and team captain for the vibrantly clad group of friends known as the Prairie Punks.

"It's about having fun and banding together."

The event is personal for Jones, who was diagnosed as HIV positive 14 years ago.

"It's still not getting as much recognition as it should, by any means," he said.

Susan Cress, executive director of AIDS Calgary, said there is still a stigma attached to having HIV, but added she was happy to see the high number of supporters taking part in this year's walk.

"We need to remind people this is a preventable disease," she said. "That's why our theme this year is 'Love Safely.'"

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NDP must woo Prairies: Ashton

As the Alberta NDP gathered in Edmonton this weekend to celebrate their 50th anniversary, their federal counterparts highlighted the importance of winning over the Prairie provinces.

In a talk Sunday, MP Niki Ashton said the Prairies, where the party currently has just three seats, will be essential if the party wants to win the next election.

"Victory in 2015 means victory on the Prairies," she said.

"Western Canada is the battleground where we have to be braver, more courageous and more connected to the local reality."

Ashton said the party can build on recent success in provincial campaigns.

Quoted

"In the last few elections, federally the NDP has been the clear alternative"

Brian Mason, Alberta NDP leader

"We have to build on the work that is happening at the provincial level to give people the sense that we are the ones that have their back."

Alberta NDP Leader Brian Mason said the provincial party is ready to help its federal counterparts and that increasingly the NDP is an option for Albertans.

"In most seats in the province, we run second to the Tories," he said.

MP Niki Ashton RYAN TUMILTY/METRO

RYAN TUMILITY/METRO IN EDMONTON

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Cellphone towers such as this one are often thought of in residential areas as eyesores that bring down the value of nearby property. ROBSON FLETCHER/METRO

Make cell towers part of planning process: Pootmans

Thinking ahead.
Alderman says tower placement is 'fairly predictable' and should be decided upon before new homes are built

ROBSON FLETCHER
robson.fletcher@metronews.ca

Cell-tower sites should be identified and established before new communities are built according to a Calgary alderman who wants to see the placement of towers become part of development planning.

"It's about time that we started to look at getting ahead of this issue," Ald. Richard Pootmans said, noting that controversy often swirls when telecommunications companies attempt to install cell towers, especially in residential areas.

Real estate agent Fiona Christiaansen applauded the suggestion, saying she has seen clients devastated after purchasing the "house of their dreams," only to have an ugly cell tower erected nearby six months later.

"If we had designated cellphone sites prior to people moving into the areas then everybody would go in knowing what they're getting into," she said.

As a member of the Springbank Hill Community Association, Christiaansen also successfully lobbied last year to have a cell tower in her community moved farther away from homes.

Currently, she is fighting a proposed 35-metre tower in the area and while she is not opposed to towers, per se, she believes residents ought to be able to make "conscious decisions" about living near them.

"I have 3G technology. I need it," she said. "But these things need to be responsibly placed."

Pootmans plans to put forward a motion at Monday's council meeting asking city staff to examine his suggestion.

Final say

- Industry Canada has the final say on cell-tower placement, but municipalities have some control over zoning and other details.
- There are more than 400 cell towers in Calgary, according to the city.
- If his idea is adopted, Ald. Richard Pootmans said Calgary would be the first municipality he's aware of to incorporate cell towers into development planning.

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Canadian among missing after avalanche

In this photo provided by Nepalese airline Simrik Air, an injured victim of an avalanche is rescued at the base camp of Mount Manaslu in northern Nepal on Sunday. The avalanche swept away climbers Sunday, leaving at least nine dead and six others missing, officials said.

SIMRIK AIR/THE ASSOCIATED PRESS

Nepal. At least nine climbers killed in Himalayan mountain disaster

Officials say at least nine people are dead and several others missing, including a Canadian, after an avalanche hit climbers on a high Himalayan peak in Nepal today.

Many of the climbers were French or German but the U.K.-based The Telegraph website reported that one of the missing people is Canadian.

Dipendra Paude of Nepal's tourism ministry, which controls all international climbing expeditions, told The Telegraph the dead climbers were from Spain, Germany and Nepal.

Chrystiane Roy, spokeswoman for the Department of Foreign Affairs, could not confirm that a Canadian was among those missing, but said officials have been in contact with authorities in Nepal. "Our thoughts are with the victims (and their families) of this avalanche," Roy said.

Police official Basanta Bahadur Kuwar said the bodies of a Nepalese guide and a German man were recovered and that seven other bodies had been spotted on Mount Manaslu. Ten climbers survived; many were flown to hospitals. Officials are investigating the cause of the avalanche. THE ASSOCIATED PRESS

On the mountain

- The avalanche hit the climbers at a camp at 7,000 metres.
- 231 climbers and guides were on the mountain.
- Weather conditions are unpredictable at this time of year during Nepal's autumn season.

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Work hazard. Coal-mine accidents trap 17 miners underground in China

Chinese state media say two coal-mine accidents have trapped 17 people underground.

The official Xinhua News Agency says a fire broke out Sunday in a mine in northeast Heilongjiang province, trapping 11. Two other people working in the mine were lifted out.

Xinhua says the mine's operating licence had expired three weeks earlier and the county government is blaming illegal production for the accident.

Another mine in the same province was flooded on Saturday, trapping six miners.

Rescue efforts are underway.

China has the world's deadliest coal-mining industry. Safety improvements have reduced deaths in recent years, but safety rules are often ignored and accidents are still common.

THE ASSOCIATED PRESS

In this photo released by China's Xinhua News Agency, miners enter the Jiayi Coal Mine in Jidong County of Jixi City, in northeast China's Heilongjiang province on Sunday. Six people were trapped in the mine after it was flooded early Saturday, Xinhua said. XINHUA, XIAO JINBIAO/THE ASSOCIATED PRESS

Assam state

Flood in India leaves some dead, others missing

A flash flood triggered by torrential rain has killed at least nine construction workers and left 15 others missing and feared dead in India's remote northeast.

Karma Zyatso, chief secretary of Sikkim state, says the workers, who lived in camps, were swept away by the swirling waters of a flooded river Friday in Chungthan, a small town in the mountainous region.

Zyatso said Sunday that authorities had recovered nine bodies and were searching for 15 others. He also said helicopters dropped food to nearly 10,000 people living in villages cut off due to damage to the main highway.

THE ASSOCIATED PRESS

Territory dispute

China cancels events in Japan

China has cancelled events to commemorate 40 years of diplomatic relations with Japan, further signalling its anger over a simmering territorial dispute.

Japanese Foreign Ministry official Hiroaki Sakamoto confirmed the cancellation of events, planned for Thursday. China's Xinhua News Agency, citing officials with the China-Japan Friendship Association and another government-affiliated group, reported Sunday that the events would not take place. Calls to China's Foreign Ministry were not answered Sunday.

Relations have sunk to their worst level as the two sides spar over islands in the East China Sea claimed by both countries and by Taiwan. THE ASSOCIATED PRESS

Mateo Compton Moscoso, 3, and his father Paul, Compton. Compton has been fighting for nearly three years to obtain Canadian citizenship for Mateo.
THE CANADIAN PRESS/CONTRIBUTED

New rules put families living abroad in a bind

Frustration. Ontario native looks to England for citizenship for son after Ottawa changes regulations

Paul Compton is at his wits' end.

The Ontario native has spent nearly three years trying to obtain Canadian citizenship for his younger son with little success and now feels abandoned by his country.

After multiple appeals to politicians and much wrangling with public servants, the 42-year-old is now applying for British citizenship in an attempt to establish a sense of security for his child. But he feels like he's giving up a part of his Canadian identity in the process.

"I don't know what else to do at this point, I've hit a wall," he told The Canadian Press.

Compton is among an unknown number of Canadians caught in a web of regulatory changes made to the Citizenship Act in 2009.

His problems stem from the fact that he was born in Scotland — while his Canadian parents were in university — and his second son was also born abroad, four months after the government imposed a first-generation limit on citizenship by descent for those born outside the country.

That meant Compton's first son, who was born abroad before the regulations changed, is a Canadian, but his younger child, three-year-old Mateo, is not.

"What my government has done is basically said 'your son's not Canadian, he's not important to us," Compton said from Lima, Peru, where he teaches at an international school.

The new rules were part of legislation which solved the problems of thousands whose citizenship had been taken away by outdated legal provisions.

At the same time, while imposing the first-generation citizenship limit for those born abroad, the government said they were protecting the value of Canadian statehood by ensuring citizenship couldn't be passed on from generation to generation of those living outside Canada.

Compton, who lived in Canada from infancy until his early 30s and plans to return in the future, feels he's far from fitting into that category.

"It's like Canadians born abroad and Canadians working abroad have done something wrong," he said. "It doesn't mean that I'm any less Canadian ... I grew up in Canada, I paid tax in Canada, I'm still paying my student loan in Canada.

THE CANADIAN PRESS

Quoted

"Who are these undeserving citizens?... This is all based on a hypothetical problem.

Audrey Macklin, University of Toronto law professor

Sky's the limit? Report alleges nursing station used medical flights to shop

Staff at a First Nations nursing station arranged expensive emergency medical flights — on the federal government's dime — to go grocery shopping in a more populated community, a document alleges.

A special report by Health Canada investigators sets out troubling allegations about the conduct of staff at the Poplar Hill nursing station in northern Ontario, and about a small airline from which the Canada Revenue Agency is still trying to recover a sizable amount of money.

The claims are brought to light as part of an investigation by The Canadian Press into allegations of wrongdoing by service providers of the federal government's health plan for aboriginals. THE CANADIAN PRESS

Washington

Giant panda dies

The giant panda cub born a week ago at the National Zoo in Washington has died, and it was not immediately known why the animal died, zoo officials said Sunday.

Zoo officials said in a press release that the cub was found dead Sunday morning after panda keepers heard sounds of distress from its mother, Mei Xiang.

THE ASSOCIATED PRESS

Cookstown, Ont.

Loose bull put down

Police say a bull spotted running loose out on the fields near Highway 400 and Highway 89 after escaping from the Cookstown stockyard was put down Sunday.

Police managed to close part of the highway for a period of time to prevent the animal from colliding with traffic in the southbound lanes.

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Clement had 'ghostwriter' for Twitter town hall

Twitter table. Treasury Board president also had two subject matter experts, two communications staff and a moderator

Tony Clement BRUCE CAMPION-SMITH/ TORSTAR NEWS SERVICE FILE

Tony Clement may be king of social media in political circles on Parliament Hill, but he didn't get to be mayor of his own Twitter town hall.

During an online chat on the subject of open government, the Treasury Board president, who is a prolific tweeter, had a ghostwriter doing most of the work for him.

Last December's town hall made federal political history as the first online chat hosted by a cabinet minister using the microblogging service.

Clement is regularly ranked among Parliament Hill's top tweeters and lauded by social media watchers as having a natural touch with the technology. But when it came to formally engaging with Canadians, bureaucracy ground his freewheeling ways to a stop.

An analysis on the town hall obtained by The Canadian Press under Access to Information legislation highlights the struggle facing MPs seeking to use social media tools in a world of tightly controlled communications.

The two 45-minute chats — one in English, one in French — took more than a month to organize.

Three dry runs were held ahead of the main event, with staff even creating bogus Twitter accounts in order to practise using the service.

More than 40 stock responses were drafted so they could be quickly copied and pasted to reply to questions, while a ghostwriter was engaged to get Clement's responses out faster.

"I should point out too that the minister did take to the keyboard himself for a few responses — he does like to get hands-on sometimes," Sean Osmar said in an email.

THE CANADIAN PRESS

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Women in Nepal mark atonement day

A Nepalese devotee takes a holy dip with the help of a friend in the Bagmati River during Rishi Panchami, a purifying and atonement day for women, in Katmandu, Nepal. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

Cat mistakenly euthanized

A Massachusetts woman says her cat went to the veterinarian for a flea bath and was mistakenly euthanized instead. Colleen Conlon of Gardner is grieving the loss of the cat, eight-year-old Lady, whose death she attributes to "negligence" by the vet.

Her son took Lady to an animal hospital last week and unknowingly authorized the cat to be put to sleep after he says he was handed the wrong forms. He says he learned of the mix-up when he returned with a second cat and the vet asked him if he wanted to keep the bodies.

Conlon doesn't think the vet had any "malicious intent." But she's filed a complaint with the attorney general's office. **THE ASSOCIATED PRESS**

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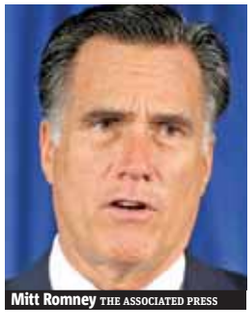
Romney's swing steps.
U.S. presidential hopeful tours battleground states


Mitt Romney THE ASSOCIATED PRESS

Republican challenger Mitt Romney, slipping in the polls in critical battleground states, opened an intense campaign focus in three of them Sunday with a rally in Colorado, before heading to Ohio for a three-day bus tour and ending with a stop in Virginia.

U.S. President Barack Obama, who was not campaigning Sunday, won all three of those states in the 2008 election that swept him into the White House.

With about six weeks remaining before the Nov. 6 election, the handful of so-called swing or battleground states appear likely to determine the outcome of what has been an extremely close contest between Obama and Romney. Those states become even more critical to the Republican candidate as recent polling shows Obama opening a lead in many of them.

The U.S. president is not chosen by the nationwide popular vote but in state-by-state contests. While most states reliably vote for the candidate of one party or the other, swing states like Colorado, Ohio, Virginia and five others are seen as toss-ups.

THE ASSOCIATED PRESS

Farmers vs. land owners

Rights lawyer gunned down

A leading human-rights lawyer who represented several Honduran agrarian groups in disputes with large landowners was killed by gunmen on Sunday, a land rights organization said. Antonio Trejo Cabrera, 41, was shot five times while attending a wedding in the capital, Tegucigalpa, the Peasant Movement of the Valley of Bajo Aguan said in a statement. Cabrera had recently helped farmers gain legal rights to several plantations. THE ASSOCIATED PRESS

Not out for long

Teens break out of detention centre

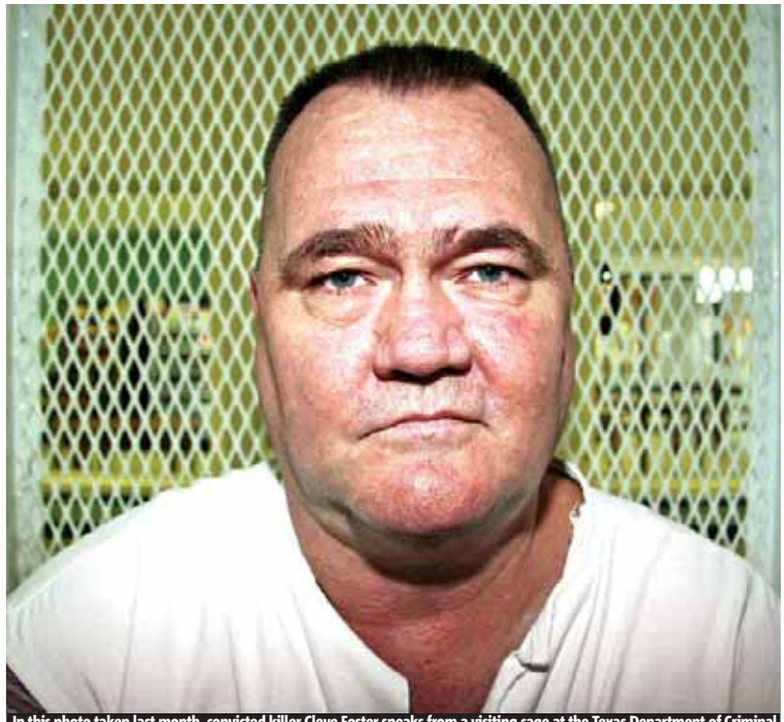
Six teenage boys escaped from a juvenile detention centre in Washington state after knocking out a female staff member, but all were captured a few hours later early Sunday in nearby woods, authorities said.

The King County Sheriff's department said it received word of the escape at about 11:30 p.m. Saturday from Echo Glen Children's Center in Snoqualmie, about 40 kilometres east of Seattle.

THE ASSOCIATED PRESS

Dead man walking, and it's all so familiar

Rescheduled. Death-row inmate who had final-hour reprieves before, prepares for third trip to execution-chamber door


In this photo taken last month, convicted killer Cleve Foster speaks from a visiting cage at the Texas Department of Criminal Justice Polunsky Unit outside Livingston, Texas. Foster has received three reprieves from the U.S. Supreme Court, including two last year when he was within hours of execution. He is scheduled to die on Tuesday. MICHAEL GRACZYK/THE ASSOCIATED PRESS

What Cleve Foster remembers most about his recent brushes with death is the steel door, the last one condemned Texas inmates typically walk through before their execution.

"You can't take your eyes off that door," he says.

Foster has had three previous reprieves but twice over the past year and a half he has come within moments of being escorted through the door, only to be told the U.S. Supreme Court had halted his scheduled punishment.

On Tuesday, Foster, 48, is scheduled for yet another trip to the death house for participating in the abduction and slaying of a 30-year-old Sudanese woman, Nyaneur Pal, a decade ago near Fort Worth.

The last 485 condemned Texas prisoners have died by lethal injection; the first 361, from 1924 through 1964, from the electric chair.

On execution day, the condemned inmate waits, usually for about four hours, in a tiny cell a few steps from the steel door to the death chamber.

Foster, a former Army recruiter known to his death row colleagues as "Sarge," denies his role in the murder. Prosecutors say DNA ties him to the killing and that he gave contradictory stories when questioned about Pal's death. "I did not do it," he insisted recently from a tiny visiting cage outside death row.

Appeals again were pending in the courts, focusing on what his lawyers argued was poor legal help both at his 2004 trial in Fort Worth and by attorneys early in the appeals process. Similar appeals resulted in the three previous reprieves the courts subsequently have lifted, but his lawyers argue his case should get another look.

THE ASSOCIATED PRESS

Like it's your last meal

During his first trip to the death house in January 2011, Foster was served a final meal. He'd asked for several items, including chicken.

- "It tasted so good," he said. "It actually had seasoning."
- Two hours later, he received the Supreme Court reprieve.
- Since then, inmates no longer get to make a final meal request.
- Procedures were changed after a state lawmaker complained that condemned inmates were taking advantage of the opportunity and that murder victims never get that chance.

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iPhone 5. Most U.S. stores sold out during first weekend

It was possible to walk into a U.S. store on the weekend and buy an iPhone 5, but it took some hunting. Some stores reported having Apple's newest phone available for walk-up customers, though not all versions of it. A random check of about a dozen stores indicated that most were sold out.

A Verizon store in New York City said the 32 and 64 gigabyte models, but not the 16 GB version, were available. A Sprint store in a suburb of St. Paul, Minn., said all but the most expensive 64 GB iPhone 5s were sold out. "Before we were even scheduled to open, we were pretty much out," said Eric Rayburn, a worker at a Sprint store in Phoenix, Ariz.

The iPhone 5 went on sale Friday, igniting explosive interest around the world. Apple's website said phones bought online would ship in three to four weeks.

It's hardly uncommon for supply shortages to make it difficult to get new iPhones in the first days of their release. For Apple, the iPhone introduction is the biggest revenue driver of the year. Analysts say the company will likely sell millions of phones in the first few days.

THE ASSOCIATED PRESS

Sales figures

- On Monday, Apple is expected to announce early results from the iPhone 5's first day of retail sales.

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GOODNEWSTODAY.CA

Gamers need not apply: New simulator puts safety first

VIRTTEX facility. Ford's virtual reality lab lets researchers monitor bad driving habits

Most car-themed video games challenge players to race as fast as they possibly can, and push dangerous driving to the limit without crashing.

So test subjects who step inside Ford's high-tech VIRTTEX research facility can be forgiven for wanting to stomp the gas pedal in the video game-like driving simulator. But most don't and try their best to stay alive.

In an effort to prevent car crashes in the real world, Ford has designed an incredibly life-like way to test drivers' skills and simulate dangerous situations that could end in death on the roads.

Within a research and development building in Dearborn, Mich., the former hometown of Henry Ford and where the automaker is headquartered, lies the VIRTTEX — short for Virtual Test Track Experiment.

A test driver goes behind the wheel of Ford's VIRTTEX, a safety simulator that analyzes drivers' skills and reactions to dangerous situations on the road. FORD CANADA/THE CANADIAN PRESS

Inside a seven-metre-diameter domed laboratory is what appears to be a standard Ford vehicle. But a close inspection would reveal its engine and transmission have been removed and it has been equipped to tie into an elaborate virtual reality simulator.

Video screens envelope the inside of the domed structure, giving test subjects a simulated 360-degree view of a driving environment. Peeking at all the mirrors reveals accurate views of what you'd expect to see while driving.

Once the simulation has begun, the VIRTTEX structure can move up to three metres side to side or front to back, and two metres vertically, to simulate the motion and feel of actually driving. The steering wheel realistically rumbles just right and sound is pumped into the vehicle to replicate engine and road noise. The wheel and pedals are just as responsive as in any car.

Before long, drivers get lost in the virtual world and feel like they're really driving down a long, open road. And then researchers can start observing all their bad habits. The speeders get identified pretty quickly.

The other cars on the road "are programmed to go five to 10 miles per hour (eight to 16 km/h) faster than you, so we quickly find out what kind of driver people are," says Ford's Mike Blommer.

"If they want to keep up with traffic ... those drivers keep speeding up and the next thing you know you're going 80 to 85 miles per hour (almost 140 km/h)."

THE CANADIAN PRESS

Quoted

"We get some really realistic reactions out of people." Ford's Mike Blommer

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Fiat and Chrysler CEO Sergio Marchionne is pictured next to the Fiat Panda model at the company's plant near Naples, Italy. The company says it is committed to its plants in that country. LAPRESSE/THE ASSOCIATED PRESS FILE

Auto industry. Despite sales drop, Fiat maintains its commitment to Italy

Italian carmaker Fiat has restated its commitment to remain in Italy and says it will refocus its Italian plants on exports.

Fiat, which controls U.S. carmaker Chrysler, made the assurances Saturday after CEO Sergio Marchionne met with Premier Mario Monti amid growing concerns that the crisis would force plant closures.

Fiat sales in Italy dropped by 20 per cent in the first half of the year, and plants have been greatly underutilized.

Fiat said in a joint government statement that it will invest in Italy to prepare new products for launch when the market recovers, and that it has invested five billion euros ($6.34 billion) in the last three years.

Fiat investments have come under scrutiny since it retreated on plans to invest 20 billion euros over five years due to uncertainty.

THE ASSOCIATED PRESS

New trading centre

Iran moves to undercut currency black market

Iran's state radio is reporting that the country has inaugurated a new hard currency trading centre to undercut the black market.

Under the supervision of Iran's central bank, the centre will offer U.S. dollars at two per cent less than the street rate to importers of the country's needs, from the veterinary industry to printing machines, according to the Sunday report.

The U.S. dollar is traded at 24,600 rials in the street market. But the current official rate is 12,260 rials to the dollar, used only for special purposes such as importing food and medicines.

Iranian currency has been heavily hit by Western sanctions over Iran's nuclear program. The West suspects Iran is aiming to build nuclear weapons, a charge Iran denies.

THE ASSOCIATED PRESS

Students say textbook prices must come down

Post-secondary debt. While publishers and professors get blamed for exorbitant costs, some look to digital books for salvation

Students walk past a sign for a used bookstore outside Ryerson University in Toronto on Sept. 19. Complaints about the high cost of textbooks are perennial, but digital publishing may ultimately lower prices significantly.
COLIN PERKEL/THE CANADIAN PRESS

The outcry from a group of first-year students forced to buy an expensive art history book that has no art in it has focused attention on an issue as perennial and seemingly as intractable as fall back-to-school jitters: the cost of college and university textbooks.

Most everyone agrees textbooks can be a significant financial burden for students and their parents, but there's less agreement on what can or should be done to bring the price down.

"Many students are paying upwards of $1,000 per year for textbooks," said Jessica McCormick, deputy chairwoman with the Canadian Federation of Students. "That is another financial burden that adds to the debt that is sinking this generation."

Students, already paying thousands of dollars in tuition, blame publishers for gouging them. They also complain instructors prescribe books oblivious to price or real educational value.

Professors argue student readings are essential, and say there's little they can do. "A large proportion of the material that students need for a proper university education is only available through either commercially published books or journals," said Jim Turk, executive director of the Canadian Association of University Teachers. "In terms of textbooks, there aren't a lot of good options available."

Turk, whose association speaks for faculties at 124 colleges and universities across Canada, said he understands why the cost of textbooks for highly specialized courses with tiny markets might be high.

Still, he said, that shouldn't apply more generally. "There are textbooks that sell tens of thousands of copies — in first year psychology, economics or sociology courses — where the size of the market would suggest that the prices could be a lot lower than they are."

What's not appreciated, publishers argue, is the effort — and by extension cost — required to create a good textbook and get it to market.

Patrick Ferrier, president of the higher-education division of prominent publisher McGraw-Hill Ryerson, acknowledges the reality of textbook sticker shock. "The prices of textbooks have gone up dramatically, and in many years faster than inflation — from a consumer's point of view, it is shocking," said Ferrier, a father of three university students.

"I'm not saying there have not been excesses in publishing just like any other business (but) I just don't think that publishers are always in the wrong."

Ultimately, the steep growth in digital publishing may render much of the price debate moot — or at least mute the volume of complaints. Ebooks eliminate paper and printing costs. They can be updated continuously and cheaply. They cut out middlemen such as bookstores with their markups of 20 to 47 per cent.

As a result, virtual textbooks sell for significantly less than their hard-copy counterparts but can still offer viable returns to publishers. THE CANADIAN PRESS

Quoted

"The prices of textbooks have gone up dramatically, and in many years faster than inflation — from a consumer's point of view, it is shocking."

Patrick Ferrier, president of McGraw-Hill Ryerson's higher-education division

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We're seeing effects of climate change — and greenhouse gases that cause it. City hall wisely doesn't dispute climate-change science, and has a strategy for reduction.

So I wondered about this statement:

"The city is strategically building up its road network to make travelling easier while reducing greenhouse gas emissions," says a press release about the Airport Tunnel.

The tunnel is re-establishing airport access for Calgarians from the northeast, where most airport staff live.

I asked about the GHG calculation: The city says the tunnel will shorten the northeast commute by 14,000 kilometres a day, saving 50,000 kilograms of greenhouse gases every day.

But what about impact of closing Barlow Trail, thereby driving traffic to the north even when it needs to go south?

The situation highlights the problem with greenhouse gases: lots of players, including an airport we don't control.

Thankfully, the city is "contemplating" an LRT extension from the northeast line. This should be a priority because pretty much everyone drives there.

More roads means more cars

I don't know why we keep widening roads and building more when all city plans call for densification and more public transit.

I don't know why we keep widening roads and building more when all city plans call for densification and more public transit. And a U of T study confirms the law of the road: Increasing road capacity brings more cars.

But burning gasoline is a small part of our greenhouse emissions: only 19 per cent. Most of Calgary's emissions come from coal-fired electricity, estimated at 50 per cent of the total.

These plants were to be phased out, but the feds announced recently they'd have a new lease on life.

That puts a damper on investments in wind- and natural-gas-fuelled plans. The city can only try to buy wind energy, or develop what's called local — or "district" — energy.

Calgary has an energy centre on 9th Avenue near the East Village. It's a centralized plant that distributes hot water or steam for heating to city hall.

But it won't have an impact unless building codes and rules change, requiring other buildings to pay more to use it. Everyone simply does the same thing and uses coal-fired electricity.

I suspect most Calgarians aren't preoccupied with greenhouse gases. But we are part of a global phenomenon, and to have a strategy with targets makes sense.

We need the will to conserve, to commute differently and to get power in new ways.

I don't think that means expanding roads, or reducing "chokepoints," any way you measure it.

Shutting down the freeway

L.A. hopes to head off a-car-polypse one more time

Carmageddon II — the sequel — is coming to one of the most crowded U.S. freeways, and authorities are hoping its subtitle won't be The Traffic Strikes Back.

Transportation officials say what they would like to see during the last weekend of September is a rerun of last year's two-day closure, when hundreds of motorists dodged doomsday predictions by staying away until the busy, 16-kilometre stretch of Interstate 405 reopened.

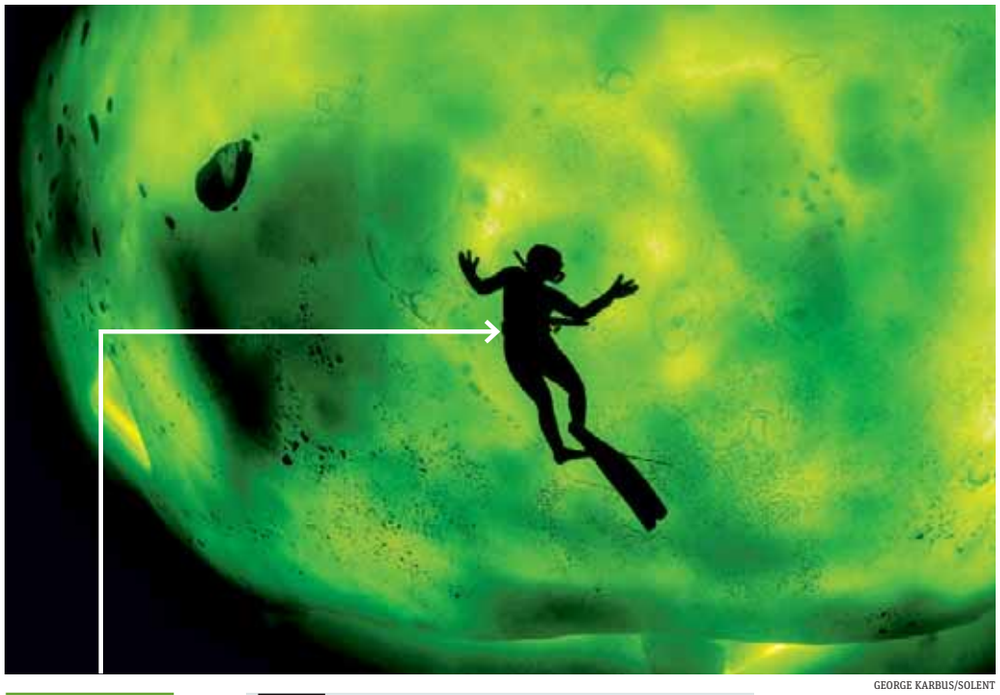
It was one of the lightest freeway traffic weekends anyone in Los Angeles could remember.

Hopes are high that next weekend will have the same happy result, as businesses and residents prepare to avoid the roadway that must close again so work can be completed on a bridge.

At Ronald Reagan UCLA Medical Center, just outside the Carmageddon Zone, officials plan to house as many as 300 doctors, nurses and other staff members in dorms at nearby hotels so nobody will have trouble getting to work.

THE ASSOCIATED PRESS

Alien world in the Arctic abyss



GEORGE KARBUS/SOLENT

Underwater photo

Otherworldly shot of northern lights

It's the northern lights, but like you've never seen before.

This shot by photographer George Karbus shows a diver's silhouette against the backdrop of aurora borealis, seen through a thick sheet of ice in the cold waters of the Arctic Circle.

"Cold, beauty, adventure" — the three words that encapsulate his image, Karbus said, adding his biggest ambition is, "to capture beauties of our fragile world and show everyone the real treasures of life." METRO

Q & A

'Just too beautiful'

Photographer George Karbus, 33, from Lahinch, County Clare, Ireland, talks to Metro.

Where did you take this image?
The White Sea in Russia, inside the Arctic Circle. It took two days by train to get to the spot by the White Sea. My girlfriend Kate Hamsikova and I set out with a guide on a snowmobile. We went diving after cutting through ice about one metre thick. One dive I noticed that Kate was upside down just under the ice pretty far from the hole we cut out, playing with little bubbles. I dove down for about eight metres to get this beautiful perspective of ice formation with Kate's silhouette.

Part of me wanted to enjoy the lights without taking photographs, but it was too hard to resist. It was just too beautiful.

What was the biggest challenge for you?
The cold water, at around -2 C. Also, for the picture we dove without any rope lines. Normally, when you're diving you need a rope so that you know where to return to. So it can be quite dangerous without it.

GEORGE KARBUS
Photographer

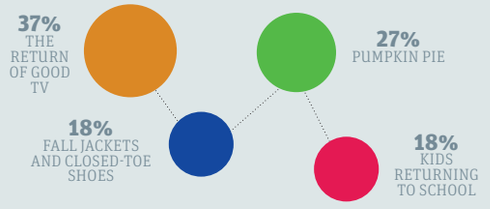
Photo in detail

- **Equipment used.** Karbus wore a 7-mm free-diving wet suit and used a Nikon D700 with a fish eye lens inside a Subal underwater housing device.
- **Water fan.** "I love the ocean and like to be there every day," said Karbus, who lives in Lahinch on the Atlantic coast. "I like to use my physical abilities and get with my camera in extreme angles to photograph big marine creatures."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

It's officially fall — what are you most excited about?



Twitter

@msheathercook: What I should be doing? Getting ready for 2 rounds of hockey & 1 drive to Oyen from #yyc tonight. Instead? Playing video games w/ my kids.

@suecretz: What a beautiful day for the #yyc. #walkforlife

@BodieVan: man... Patrick has got to move... out in the burbs & I think I am going into withdrawal. Rows of the same houses.. nothing cool in site.#yyc

@tim_osborne: Enjoyed reconnecting with #ab-party friends in #yyc yesterday. Still a lot of work to do!

@cynthiabigrigg: Reason I love living in #yyc #6: The trees change colours in the fall, like trees should. I foresee a rake and laughter in my near future.

metro
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Christina Hendricks of Mad Men. THE ASSOCIATED PRESS

Zooey Deschanel of New Girl. THE ASSOCIATED PRESS

Stars sizzle on the red carpet

Emmys. Louis C.K. wins award for best comedy writing; Modern Family racks up awards for best supporting actors and director in a comedy

Sofia Vergara ramped up the sizzle Sunday night on the Emmy Awards red carpet that already had TV's biggest stars talking about just how hot they were because of the sweltering temperatures in Los Angeles.

Vergara wore a teal-coloured gown by Zuhair Murad with beads all over and a cut-out reverse halter neckline.

She helped fuel the trend toward bright, bold colour that was also worn by pregnant Claire Danes in strapless daffodil-yellow Lanvin.

New Girl star Zooey Deschanel had a manicure with little TV sets on her thumbnails — perhaps the kind of thing "E!" had in mind for its mani-cam that had stars walking their fingers down a tiny red carpet.

Jonn Hamm of Mad Men and his girlfriend Jennifer Westfeldt. THE ASSOCIATED PRESS

Amy Poehler of Parks and Recreation. THE ASSOCIATED PRESS

Lena Dunham, creator of Girls. GETTY IMAGES

As for the winners, they included Eric Stonestreet for best supporting actor on Modern Family; Louis C.K., for his writing on the comedy series Louis; Julie Bowen, for best supporting actress on Modern Family. Modern Family also won best directing of a comedy series, while Julia Louis-Dreyfus snagged best actress for her work on HBO's Veep, and Jon Cryer of Two and a Half Men won the best male lead in a comedy series.

In the reality TV category, Tom Bergeron of Dancing With the Stars was deemed the best host. Claire Danes won best actress in a drama series for Homeland, which also picked up an award for best writing in a drama series.

Aaron Paul, of AMC's Breaking Bad won best supporting actor in a drama series. THE ASSOCIATED PRESS

Kenley Collins THE ASSOCIATED PRESS

SCENE 2

On the web

Qrikel

For more red-carpet looks and a complete list of Emmy-award winners, scan the code above or visit metronews.ca.

Hartman gets star on Walk of Fame

Long time coming.
Comedian receives posthumous honour at gala alongside Randy Bachman and Sarah McLachlan

As a comic actor, Phil Hartman was versatile and unselfish, so adept at shining in whatever supporting role he was given that his fellow Saturday Night Live cast members nicknamed him "the Glue." He held the show together.

Hartman was rarely front and centre, but that doesn't mean the Canadian-born comedian — who died in 1998 — didn't appreciate the odd accolade and he certainly would have enjoyed being inducted into Canada's Walk of Fame, says his brother.

"I think he would have really appreciated it," said Paul Hartmann, whose brother dropped the extra "n" when he entered show business. "He loved getting his Emmy (for writing on SNL). He always would play it down — 'No no, not into it.'"

Phil was inducted into Toronto's concrete shrine at a gala on Saturday, the only posthumous honouree amongst a group that also included Winnipeg guitar wizard Randy Bachman, Vancouver-based chanteuse Sarah McLachlan, Hamilton-raised CFL great Russ Jackson and Toronto ballerina Sonia Rodriguez.

For Paul, the "long and arduous journey" to see his brother recognized began years ago when he hopped aboard an existing online campaign by Alex Stevens, a Hartman fan from Whitby, Ont.

Along with fans around the world, they co-ordinated a social media campaign to draw attention to their online petition for Phil's induction. They also rallied for Phil in the media, issuing a press release that made the rounds online and ultimately netted Paul more than 200 interviews with radio, TV and print outlets.

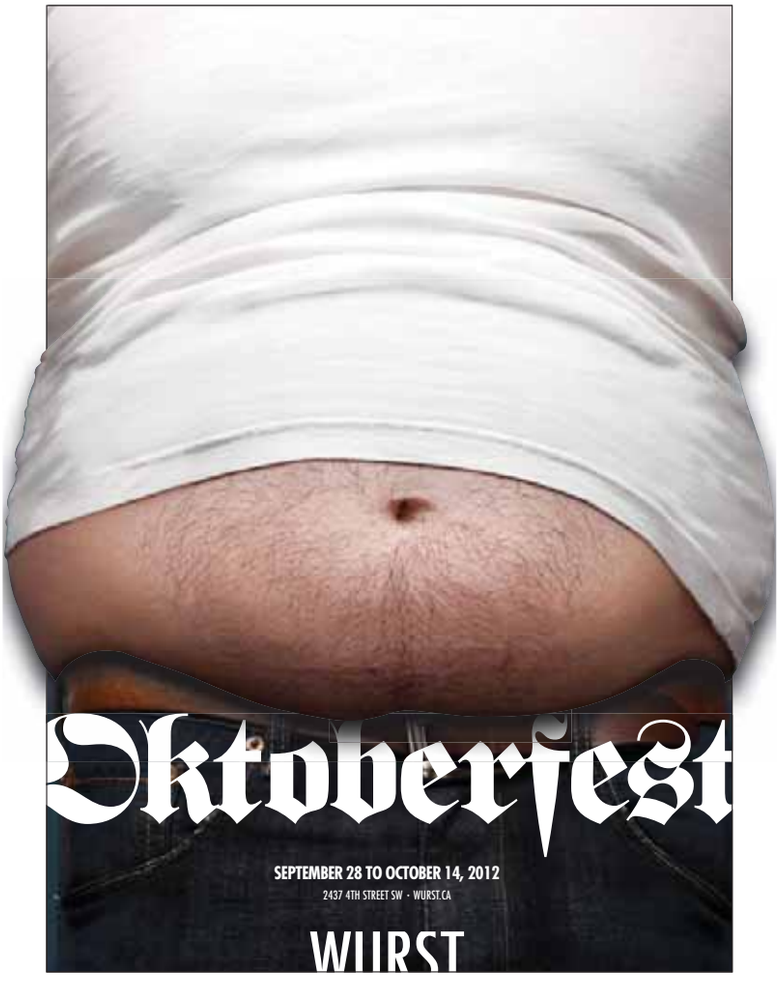
But each year, the Walk of Fame only inducts one Canadian posthumously, and Phil was passed over during the first year of the campaign. And the second. (Beloved author Mordecai Richler took the prize last year, while magician Doug Henning was honoured the year before.)

This year, Paul and a team of his brother's fans stepped up their efforts. They recruited SiriusXM satellite radio to help with the campaign, as well as a bevy of Phil's famous friends who were more than happy to help out or vote online, a group that Paul says included Rob Lowe, cast members of Kids in the Hall, Brent Butt, and original SNL player Laraine Newman.

Paul is understandably elated now to see his efforts were successful — and it's serendipitous that the ceremony should happen to fall two days before what would have been his brother's 64th birthday.

The ceremony will be broadcast on Oct. 14 on Global. THE CANADIAN PRESS

Paul Hartmann poses with two members of the RCMP as he marks his brother Phil's induction into Canada's Walk of Fame in Toronto on Saturday.
CHRIS YOUNG/THE CANADIAN PRESS



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New Dragon struggles not to be 'nice' guy

David Chilton. Author of Wealthy Barber books joins ruthless panel on CBC show

Watch it

Dragons' Den airs Wednesdays on CBC-TV at 8 p.m. ET and Sundays at 9 p.m. ET

From left, Jim Treliving, Kevin O'Leary, Arlene Dickinson, Bruce Croxon, Dianne Buckner and David Chilton in Dragons' Den. HANDOUT/THE CANADIAN PRESS

David Chilton hopes he doesn't develop a reputation as the "nice dragon."

Best known for his Wealthy Barber personal finance books, Chilton has joined the panel on CBC-TV's Dragons' Den and was seen judging business ideas for the first time in last week's season 7 premiere.

He prides himself on being "the nice guy" in real life but quickly found that being politely uncritical about bad ideas was the wrong approach.

"Frankly, I wasn't very good at that — my first week I tried to stay positive and encouraging," said Chilton.

"And (fellow dragon Arlene Dickinson) pulled me aside and said, 'Look, I think it's great you're trying to be a nice guy but in some instances people are putting too much time and too much money into a business that has no potential.'"

So Chilton braced himself to act a little tougher. Even the "nicer" dragons like Dickinson or Jim Treliving have been known to get a little nasty when pushed by an eager but deluded entrepreneur.

And yet he was also coached not to act too tough and to avoid creating a persona for himself, since producers insisted he not "try to be something you're not."

"For the most part I was myself. But early on I was thinking a little bit too much and I found the adjustment to 'being myself' was not easy," he says.

A longtime fan of Dragons' Den, Chilton says he was relieved to find that the dragons were acting naturally during pitches and the filming of the show wasn't as staged as he feared.

"One concern I had was when I got to be a part of things would I find the behind-the-scenes to be a little fake," he says.

"And maybe it is orchestrated a little bit but it's been quite the opposite. There's no rehearsing, there's no scripting, people walk down the stairs and off you go."

Without offering too much about the rest of the season, Chilton says he was impressed by many of the pitches and viewers will see him invest a lot of money.

"I've written cheques for hundreds of thousands of dollars so I've been very proactively involved," he says.

"I came in with an open chequebook and said I would get involved in whatever deals looked good."

Some of the deals he makes this season won't end up going through. Chilton says he spent almost four months doing due diligence, further scrutinizing businesses before finalizing his investments, and in some cases the deal fell apart.

THE CANADIAN PRESS

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Amanda Bynes ALL PHOTOS GETTY IMAGES

Everyone is leaving Amanda Bynes

Things don't seem to be getting any better for Amanda Bynes. After being pulled over at the Burbank airport last week and having her car impounded, the actress has been charged with two counts of driving on a suspended license, according to TMZ.

On top of that, the troubled former child star was reportedly dropped by her agent, publicist and lawyer — all within the last few weeks — because she'd become "extremely difficult" this year. But a source close to Bynes says the actress isn't worried, since she's looking to transition from acting to fashion anyway.

Hilton apologizes about gay slur

Paris Hilton is on damage control after a recording of her calling gay men "disgusting" went public last week.

Hilton insists to gay rights group GLAAD that she "always will be a huge supporter of the gay community" in a public statement.

"I am so sorry and so upset that I caused pain to my gay friends, fans and their families," she says. "I was having a private conversation with a friend of mine who is gay and our conversation was in no way towards the entire gay community."

In the chat, secretly recorded during a taxi ride in New York, Hilton said, "Gay guys are the horniest people in the world. They're disgusting. Dude, most of them probably have AIDS."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Me Tarzan, you gum chewer

THE WORD
Dorothy Robinson
scene@metronews.ca

It's all gum all the time for Kellan Lutz — with a few starring roles thrown in.

Last Wednesday, the Twilight star popped up at Helen Mills, a theatre and event space in New York, to launch his latest endeavor: Being the enthusiastic spokesperson for iD gum, a new brand of the chewy stuff that's geared to teens.

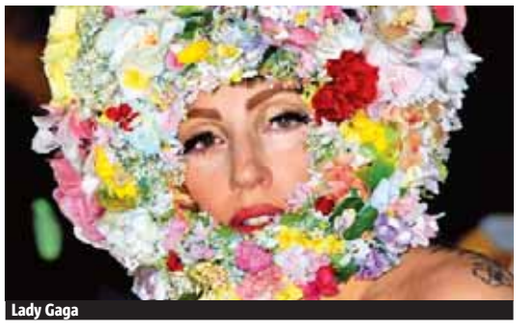
"Who would have thought 10, 20, 50 years ago that gum would be an accessory? Now it is. Now it's cool to show that you have gum versus hiding a piece of gum for your breath. Now it's like, 'Oh you've got some iD gum?'" the actor asked philosophically.

The collaboration between Lutz isn't just for profit, mind you. "I only want to stay true to my brand and do great quality products, which this is. I'm a huge fan of the gum. I love gum," he told a group of reporters about his decision to lend his name to iD.

Dude loves gum, am I right? So much so that even when we were able to get him off message to talk about what's next for his career, we couldn't help but read in between the lines (quotes in bold belong to The Word).

"It's bittersweet," he says about the end of Twilight **(and possibly a new flavour of gum)**. He continued: "It feels like a closing of a chapter but in a way it's like your last days of high school — you're really looking forward to college and I'm really looking forward to that **(like I'm looking forward to this piece of iD gum)**. It's been great having my own project now, to **(chew delicious gum and)** be the lead in Tarzan **(a character who wasn't fortunate enough to be alive when gum was so accessible, but I think he chewed on pine bark of some sort)**. Hopefully we can franchise that. It's going to be great **(just like this piece of iD gum I'm waiting to chomp on)**."

WITH ADDITIONAL REPORTING BY OLIVIA MORROW



Lady Gaga

Gaga talks weight, dad's new restaurant

Lady Gaga admits that she's put on some weight lately, but she's not stressing out about it.

"I'm dieting right now because I gained, like, 25 pounds," she says in a radio interview, according to the Huffington Post. "And you know, I really don't feel bad about it, not even for a second." While she's had a rather hectic tour schedule, she says part of the cause may be closer to home.

"I love eating pasta and pizza. I'm a New York Italian girl," Gaga says. "That's why I have been staying out of New York. My father opened a restaurant. It's so amazing, it's so freaking delicious, but I'm telling you I gain five pounds every time I go in there."

Twitter

@TheRealNimoy
Senor Quinto. Dinner soon?

@ZacharyQuinto
sunset between highland and crescent is really its own particular brand of crazy.

@jackiejcollins
Channing Tatum is good to look at

@SarahKSilverman
Dear men, I love you to pieces. So trust me when I tell you you've gotta stop wearing cologne immediately

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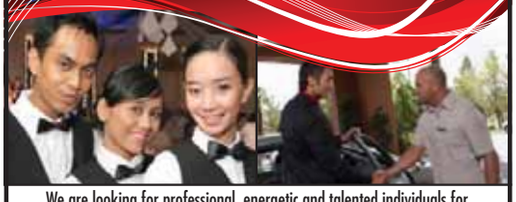

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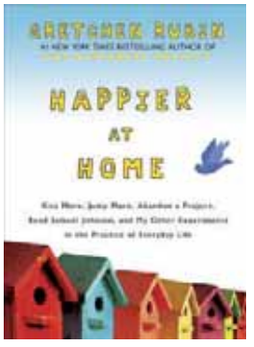
LIFE 3

Looking for ways to bring more joy to life at home? Clean up

Gretchen Rubin is the author of Happier at Home. SUBMITTED

Book. Gretchen Rubin, author of the Happiness Project, is back with a new book, Happier at Home. The following is an excerpt from the book.



For me, fighting clutter is a never-ending battle; although I'd labored to clear clutter as part of my first happiness project, I was eager to find additional strategies to stop its insidious progress. Inspired by William Morris's rousing call to "Have nothing in your houses that you do not know to be useful, or believe to be beautiful," I resolved to "go shelf by shelf," then drawer by drawer, then closet by closet, to consider each of our possessions.

Did one of us use it or love it? Would we replace it if it were broken or lost? If so, was it in the right place? If not, why keep it?

Years ago, I started keeping a list of my Secrets of Adulthood — the large and small lessons I'd mastered as I'd grown up. Recent additions included:

• Just because something is fun for someone else doesn't mean it's fun for me.
• It's enormously helpful, and surprisingly difficult, to grasp the obvious.
• You need new friends and old friends.
• The quickest way to progress from A to B is not to work the hardest.
• It's easier to prevent pain than to squelch it (literally and figuratively).
• Where you start makes a big difference in where you end up.
• The opposite of a profound truth is also true.
• A change is as good as a rest.
• It's more important to say something than to say the right thing.
• The best reading is rereading.

One of the most helpful of these Secrets of Adulthood holds that "Outer order contributes to inner calm." Why is this true? Perhaps it's the tangible sense of control, or the relief from visual noise, or the release from guilt. In the span of a happy life, having a messy desk or an overflowing closet is clearly trivial, and yet creating order gives a disproportionate boost of energy and cheer. (Of all the resolutions that I've proposed, which one do people most often mention that they've tried, with great success? The resolution to "Make your bed.") EXCERPTED FROM HAPPIER AT HOME. COPYRIGHT 2012 GRETCHEN RUBIN. PUBLISHED BY DOUBLEDAY CANADA, AN IMPRINT OF THE DOUBLEDAY CANADA PUBLISHING GROUP, WHICH IS A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

Read it

Happier At Home is available at bookstores everywhere and Randomhouse.ca

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metronews.ca/voices

- **The name game.** How do you choose a baby name that's original but easy to pronounce, sophisticated but unpretentious, and would look good on the ballot for Prime Minister? Follow along with the comedic (mis) adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

On the web

Qriket

Scan this code or visit metronews.ca/voices to find out why choosing a baby name is one of the most stressful things about being pregnant.

Before you pack up the fam and hit the road...

IT'S ALL RELATIVE
Kathy Buckworth, kathybuckworth.com

Family travel is a great way to combine fun and learning for both adults and children. While no one can guarantee your family vacation will be perfect, try to ensure you make the most of it by taking the time to plan ahead.

Make sure you mix the historic (learning) and the hysteric (fun):

• Check out the school curriculum before planning a trip and see if there is a fit to what the kids are studying (geography, history, etc.)
• Get some appropriate age level (fiction and non-fiction) books about where you're travelling, and read them together.
• Introduce some typical foods of the country you're going to visit, prior to going, so they seem somewhat familiar to the kids when you get there.
• Visit the websites for the tourism boards of the places you're going, and if you can, the hotels you'll be staying at.
• Pick out a few local customs (like shoes off in Japanese households) and explain how they came about, and why they are important to the residents of that country.
• Prepare a short quiz for the car or plane ride about where you're going to go, and afterwards, what you saw.

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Retire the chicken-noodle combo and give trout a taste

Several thousand years ago, people discovered that exposing fish to intense amounts of salt and smoke was a great way of preserving the catch for later.

Today, our smoking techniques are considerably more refined, and we do it more for flavour than as a means of preservation. And that makes it a shame more people don't think to reach for smoked fish as an effortless way to add gobs of flavour to the foods they love.

Change that with this recipe for Smoked Trout Noodle Soup, which isn't as strange as it sounds.

Smoked trout has a meaty texture similar to chicken. And the rich, smoky flavour is the perfect match for a soup thick with noodles.

Ingredients

- 2 tbsp olive oil
- 1 clove garlic, minced
- 3 medium carrots, peeled and chopped
- 1 large yellow onion, diced
- 2 stalks celery, chopped
- 1 cup frozen peas
- 1 tbsp chopped fresh thyme
- Large sprig fresh rosemary
- 6 cups (1 1/2 quarts) chicken broth
- 2 cups elbow pasta
- 2 cups baby spinach
- 2 scallions, whites and greens, chopped
- Salt and ground black pepper
- 8-oz package smoked trout

1. In a large saucepan over medium-high, heat the oil. Add the garlic, carrots, onion, celery, peas, thyme and rosemary. Sauté for 5 minutes.

2. Add the chicken broth and bring to a simmer. Add the pasta and cook for 7 to 8 minutes, or until barely tender. Remove and discard the rosemary stem. Add the spinach and scallions and heat for 30 seconds. Season with salt and pepper.

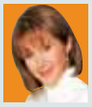
3. Using a fork, flake and break up the trout into large bite-size chunks. Ladle the soup into serving bowls, then pile a bit of the trout in the centre of each.

THE ASSOCIATED PRESS

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
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When burgers are loaded with cheese and bacon, you're just asking for an overload of all things unhealthy.

Wendy's Baconator

1,340 calories/ 91 gm fat/ 39 g saturated fat/2,840 mg sodium
You'll be lucky if you make it out of the restaurant without going into cardiac arrest after eating this burger's three patties, three cheese slices and nine bacon pieces.

Equivalent

Aside from being equivalent in fat to 10 Kobe style beef sliders from Milestones, Wendy's Baconator is also more than an entire day's worth of non-nutritional food.

Wendy's 1/2 Pound Double

880 calories/ 49 gm fat/ 21 g saturated fat/ 1,450 mg sodium
Splurge on half a pound of meat, which is close to half the calories, fat and sodium. That's still high for a meal but an improvement.

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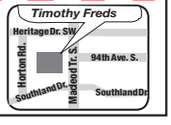

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Catching the customer in your wonderful web

That's out of site!

How to make the most of your online efforts

Prioritize your online domain and watch your customer base multiply. ISTOCK

Imagine you own a shoe store. It's in a busy shopping mall and has an inviting storefront with an attractive sign and window displays. You're almost guaranteed traffic — and probably sales, too, if you've got halfway decent products and prices.

Now picture that same shoe store on an out-of-the way country road with a grimy window and a crooked sign. It doesn't matter how great your footwear is. You probably won't have enough customers to stay in business.

Now ask yourself which of those two stores most resembles your company's website. In today's business world, your website is your storefront. It could be the main way customers are finding you and forming an impression about you.

A properly designed site is especially important if your business is growing and you are trying to improve your profile. But many small businesses don't devote a lot of effort to optimizing their site to ensure it's easily found via internet search engines and geared to help make sales.

Sites need improvement

"A well-designed site can help your company compete effectively with businesses that have deeper pockets and larger marketing budgets," says Michel Bergeron, Senior Vice President, Marketing and Public Affairs at the Business Development Bank of Canada.

Ranking high in search engine results is vital for your visibility online, Bergeron says. People rarely venture beyond the first page of a Google search result. Indeed, research indicates that websites appearing on the first page attract 90 per cent of the traffic.

Having a poorly optimized website can be a problem even if most of your sales don't happen over the Internet, says Mark Evans, a leading Canadian digital marketing and startup consultant.

"The Internet is the way most people discover new products and services."

Happily, small businesses can use simple, inexpensive tools to help level the playing field with large businesses, Evans says. "A small, agile, creative company can be as effective online as a big company."

The little site that could

A small, agile, creative company can be as effective online as a big company.

Mark Evans
Digital marketing and startup consultant

Philip Murad has found a way to turn his website into a gold mine for his fast-growing business, Philip & Henry, which books magic shows for a network of magicians across North America. Murad's website accounts for three-quarters of his sales, which have been growing up to 30 per cent annually for the past decade.

Clean, simple layout

Visitors to Philip Murad's site are greeted with a clean, simple layout that's easy to navigate without a lot of scrolling or clicking. The site prominently displays links allowing them to get a price quote or book a show in their area. There's also a short YouTube video featuring happy customers, and contact information is easy to find at the top of the page.

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The In-Credibility Factor

Terry Beech PROVIDED

Name: Terry Beech
City: Vancouver
Age: 31
Occupation: Co-founder and CEO of HiretheWorld

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

As the youngest elected official ever in Canada (he was a city councillor for Nanaimo, B.C. when he was 18) Beech went on to co-create HiretheWorld. The online company is a marketplace for graphic design attracting designers from 132 countries.

I knew I was on my way when... I started running into happy customers. I'd be driving downtown and see a restaurant storefront that was entirely designed on my site. I flew to Heathrow in London and I had my HiretheWorld shirt on. A lady ran up to me and told me that her company logo had been done on my site.

A large majority of our business is word of mouth. We want to grow, grow, and grow. We want to expand internationally and I'm excited about all the other entrepreneurial opportunities out there.

Action Plan

• Have an intense focus on value creation. Think about how you can make a person's life better rather than make another dollar. If you provide value to the consumer then the money will come.

• Surround yourself with amazing people who love what they do. Being an entrepreneur is hard enough and you don't need to waste your time and energy with employees who are just adequate. If you want to be a rock star surround yourself with rock stars and your odds of success will exponentially increase.

• Do not develop a fear about what other people think of you because it will prevent you from taking risks. I never regret the risk that went badly but I regret the risks I didn't take because I was playing it safe.

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Calgary Stampeders running back Jon Cornish is slowed down by Saskatchewan Roughriders linebacker Tyron Brackenridge during CFL action in Regina on Sunday. LIAM RICHARDS/THE CANADIAN PRESS

Cornish kept in check

CFL. Roughriders defence keys in on containing Stamps tailback en route to win

Joe Lobendahn may have saved somebody's job.

The Saskatchewan Roughriders middle linebacker made five defensive tackles and a game-changing interception for the Saskatchewan Roughriders in a 30-25 win Sunday over the Calgary Stampeders.

He was also a key cog in a defensive scheme that held Calgary tailback Jon Cornish, the CFL's leading rusher, to 67 yards rushing as Saskatchewan (6-6) ended a four-game winning streak for second-place Calgary (7-5).

Roughriders head coach Corey Chamblin pledged earlier in the week to make personnel changes if Cornish ran for more than 100 yards against Saskatchewan.

"Joe is one of the guys that if you were in a dark alley and you saw Joe, you'd better run," Chamblin said. "He's tough. Joe is a tough-minded individual. You could see it in his eyes every day that all he wants to do is win.

"He was pissed because there was one where Cornish ran through the gap and he missed him and I could see it in his eyes that he was pissed."

But Lobendahn never lost focus.

Sunday's game

30	25
Roughriders	Stampeders

With the game tied 13-13 in the third quarter, the five-year CFL veteran picked off Calgary quarterback Kevin Glenn on a short pass over the middle and returned the ball 16 yards deep into Stamps territory.

The play seemed to energize his teammates and helped set up a touchdown pass two plays later from Darian Durant to Weston Dressler. Saskatchewan never trailed from that point on.

"I want to be there making the play," said Lobendahn, who was released by Calgary out of training camp in June. "Sometimes I try to do too much ... but the thing is I've got to be patient. The play will come, and when it does, I've got to make the play."

The Stampeders (7-5) responded with a pair of two-and-outs. The second one led to another Roughriders score.

Tristan Jackson returned Rob Maver's punt 33 yards before Durant connected with Taj Smith on a 30-yard TD pass to put Saskatchewan up 27-13.

Calgary made it 27-25 in the fourth, scoring a field goal, touchdown, two-point conversion and a kickoff single, but turned the ball over on downs with barely a minute to play. Riders kicker Sandro DeAngelis capped a perfect day with his third field goal of the game from 37 yards.

THE CANADIAN PRESS

Aerial attack

- Glenn went 24-for-38 with 270 yards, two touchdown passes to McDaniel and an interception.
- Calgary receiver Nik Lewis moved into 10th on the CFL's all-time receptions list with his third catch of the game.

4 SPORTS

Mobile sports

Cricket

Manny Pacquiao made another concession last week in offering to take less money and give up top billing to entice Floyd Mayweather Jr. into the ring, yet boxing's long-awaited super-fight is still far from a sure thing.

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metro PHOTO CHALLENGE

UFC light-heavyweight champion Jon Jones prepares to fight Vitor Belfort at UFC 152 in Toronto on Saturday night.
RENE JOHNSTON/TORSTAR NEWS SERVICE

Bones knows he's a work in progress in and out of cage

UFC. 'Dumb decisions' have made Jones a polarizing figure

A smiling Jon (Bones) Jones wore a simple Nike "Bones Knows" T-shirt to his pre-UFC 152 open workout.

The Nike sponsorship is one of the many things that separates the UFC light-heavyweight champion from almost all other MMA fighters. Along with Canadian Georges St-Pierre, Jones has become a legitimate crossover star with heavyweight sponsors.

The T-shirt may reference Bo Jackson's "Bo Knows" back-in-the-day campaign but comes across more unintentionally ironic.

At 25, Jones acknowledges there is so much more to know — inside and outside the cage.

Jones (17-1) won again Saturday night, surviving an early first-round submission scare to put veteran Vitor (The Phenom) Belfort away by Americana (keylock) 54 seconds into the fourth round.

"I think it was a good performance, but there was definitely a lot of room to improve," Jones said by way of self-analysis, putting jiu-jitsu on the top of his list.

As for outside the cage, Jones admits to making "a lot of dumb decisions" in his life.

A one-of-a-kind MMA fighter, Jones remains a polarizing figure as evidenced when he entered the Air Canada Centre to a chorus of boos for his fourth title defence.

"Jon's made some mistakes," said UFC president Dana White. "And now it's time for him to fix them. He's going to be around for a long time; he's not going anywhere unless he does it to himself."

A drunk-driving charge after crashing his Bentley — he pleaded guilty and apologized — and a very public row with White over who he should fight at UFC 151 after an injured Dan Henderson pulled out top Jones' list of recent stumbles. UFC 151 was subsequently cancelled, leaving some fans in the lurch.

But the fact Jones rubs some the wrong way runs deeper.

Jones upset Rashad Evans, a former training partner, when he agreed to step in for an injured Evans in a title shot against Mauricio (Shogun) Rua. Jones won the championship, sparking a lengthy war of words with a bitter Evans before beating him in a five-round decision.

To some, Jones' move in taking the title shot was a triumph of opportunism over loyalty.

The champion can come across as a combination of smiling man-child who can't believe his fortune and opportunistic entrepreneur-athlete looking out for No. 1. Jones has shown different sides as he ascended the fighting ladder.

There is the memorable image of one early public workout when a young Jones all but stripped in an effort to find souvenirs to give away to watching fans. Contrast that with a smug Jones stopping a reporter during a pre-Evans fight interview to make sure he used a certain answer because it sounded good. Like most of us, the true story probably lies in the middle of good and bad.
THE CANADIAN PRESS

Quoted

"I actually didn't even know that.... But I think hockey is such a crazy-ass sport up here, nothing can hurt it. Nothing."

UFC president Dana White, who was unaware the NHL was on ice until a reporter asked him about it following UFC 152 Saturday night in Toronto

UFC 152

Jones still champion

UFC light-heavyweight champion Jon Jones retained his belt after submitting Vitor Belfort in the main event at Toronto's Air Canada Centre. He survived an early arm-bar to pick apart the challenger over the next four rounds until finishing with an arm-lock. It netted Jones the $65,000 Submission of the Night award.

In the co-main event, Demetrious Johnson was crowned the UFC's first flyweight champion after the judges gave him a split-decision win over Joseph Benavidez.

Canadians on the card went 3-1. TJ Grant of Cole Harbour, N.S., won his welterweight bout against Evan Dunham in style, with each fighter earning a $65,000 bonus for their Fight of the Night performance.

Go to metronews.ca for a complete UFC 152 recap.
FERNANDO CARNEIRO/METRO

Titans avoid Titanic collapse

NFL. Detroit's frantic comeback attempt falls short in wild overtime game in Tennessee

Titans quarterback Jake Locker passes as Lions defenders converge on him on Sunday in Memphis, Tenn. JOE ROBBINS/GETTY IMAGES

Call this one Music City Mayhem.

The Tennessee Titans are winless no more after an unforgettable overtime victory over the Detroit Lions featuring an endless stream of big plays and some suspect officiating.

Rob Bironas kicked a 26-yard field goal in overtime, and the Titans stopped backup quarterback Shaun Hill on fourth-and-1 at the Tennessee 7 to finally pull out a 44-41 win Sunday.

The Titans (1-2) blew a 20-9 halftime lead in a game featuring huge scoring swings. They became the first NFL team to score five touchdowns of 60 yards or longer in a single game.

Detroit scored 18 straight points, then Tennessee answered with 21 points before the Lions scored the final 14 of regulation in a span of 18 seconds — the first team to do that since at least 1983, according to STATS LLC.

The touchdown that forced overtime came on a tipped desperation pass after Detroit recovered an onside kick and got an assist from the replacement officials who did not review a possible turnover.

"Both of us looked at each other and said, 'We've never been through something like this in our lives,'" Titans coach Mike Munchak said of Detroit coach Jim Schwartz, a former colleague in Nashville. "It's hard to put in words what to say about that. We both could've won in so many ways."

A total of 46 points came in the fourth period. Then in overtime, Bironas' third field goal put Tennessee ahead to stay. THE ASSOCIATED PRESS

Around the NFL

- **Chiefs 27, Saints 24 OT.** Ryan Succop kicked six field goals, one to force overtime in the final seconds and another from 31 yards to lift Kansas City to its first win and keep New Orleans winless.
- **Bills 24, Browns 14.** Ryan Fitzpatrick threw three touchdown passes and Buffalo overcame the loss of running back C.J. Spiller to snap an eight-game road losing streak.
- **Jets 23, Dolphins 20 OT.** New York's Nick Folk got a reprieve when his blocked field-goal attempt was negated by a timeout, and his second try was a successful 33-yarder with 6:04 left in overtime.
- **Texans 31, Broncos 25.** Matt Schaub outplayed Peyton Manning, throwing four touchdown passes for Houston against a confused Denver defence. THE ASSOCIATED PRESS

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EAST DIVISION

	W	L	Pct	GB
New York	88	64	.579	—
Baltimore	87	65	.572	1
Tampa Bay	83	70	.542	5½
Boston	69	85	.448	20
Toronto	**66**	**85**	**.437**	**21½**

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	81	71	.533	—
Detroit	80	72	.526	1
Kansas City	70	82	.461	11
Minnesota	64	89	.418	17½
Cleveland	63	90	.412	18½

WEST DIVISION

	W	L	Pct	GB
Texas	90	62	.592	—
Oakland	86	66	.566	4
Los Angeles	84	69	.549	6½
Seattle	72	81	.471	18½

Sunday's results
Minnesota 10 Detroit 4 (1st game)
Oakland 5 N.Y. Yankees 4
Boston 2 Baltimore 1
Tampa Bay 3 **Toronto 0**
Cleveland 15 Kansas City 4
L.A. Angels 4 Chicago White Sox 1
Texas 3 Seattle 2
Minnesota 2 Detroit 1 (2nd game)
Saturday's results
N.Y. Yankees 10 Oakland 9 (14 innings)
Baltimore 9 Boston 6 (12 innings)
Detroit 8 Minnesota 0
Kansas City 5 Cleveland 3
Tampa Bay 11 **Toronto 5**
L.A. Angels 4 Chicago White Sox 2
Seattle 1 Texas 0
Monday's games — All Times Eastern
Toronto (H.Alvarez 9-13) at Baltimore (S.Johnson 3-0), 4:05 p.m., 1st game
Kansas City (Hochevar 8-14) at Detroit (Verlander 15-8), 7:05 p.m.
Toronto (R.Romero 8-14) at Baltimore (W.Chen 12-9), 7:35 p.m., 2nd game
Oakland (Straily 2-1) at Texas (D.Holland 11-6), 8:05 p.m.
Cleveland (McAllister 5-8) at Chicago White Sox (Sale 17-7), 8:10 p.m.
N.Y. Yankees (Pettitte 4-3) at Minnesota (Hendriks 1-7), 8:10 p.m.
Tuesday's games
Cleveland at Chicago White Sox, 2:10 p.m.
Kansas City at Detroit, 7:05 p.m.
Toronto at Baltimore, 7:05 p.m.
Tampa Bay at Boston, 7:10 p.m.
Oakland at Texas, 8:05 p.m.
N.Y. Yankees at Minnesota, 8:10 p.m.
Seattle at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
z-Washington	92	60	.605	—
Atlanta	88	65	.575	4½
Philadelphia	77	76	.503	15½
New York	69	83	.454	23
Miami	66	87	.431	26½

CENTRAL DIVISION

	W	L	Pct	GB
x-Cincinnati	92	60	.605	—
St. Louis	82	71	.536	10½
Milwaukee	79	73	.520	13
Pittsburgh	75	77	.493	17
Chicago	59	94	.386	33½
Houston	50	103	.327	42½

WEST DIVISION

	W	L	Pct	GB
x-San Francisco	89	64	.582	—
Los Angeles	78	74	.513	10½
Arizona	77	75	.507	11½
San Diego	73	80	.477	16
Colorado	58	94	.382	30½

z-clinched playoff berth

Sunday's results
N.Y. Mets 3 Miami 2
Atlanta 2 Philadelphia 1
Milwaukee 6 Washington 2
Pittsburgh 8 Houston 1
St. Louis 6 Chicago Cubs 3
Arizona 10 Colorado 7
San Diego 6 San Francisco 4
L.A. Dodgers 5 Cincinnati 3
Saturday's results
Washington 10 Milwaukee 4
St. Louis 5 Chicago Cubs 4 (10 innings)
N.Y. Mets 4 Miami 3
Atlanta 8 Philadelphia 2
Cincinnati 6 L.A. Dodgers 0
Houston 4 Pittsburgh 1
Arizona 8 Colorado 7
San Francisco 8 San Diego 4
Monday's games — All Times Eastern
Milwaukee (Estrada 4-6) at Washington (Zimmermann 11-8), 1:05 p.m.
Pittsburgh (McPherson 0-1) at N.Y. Mets (Mejia 0-1), 7:10 p.m.
St. Louis (Lynn 16-7) at Houston (Abad 0-5), 8:05 p.m.
Arizona (Cahill 12-11) at Colorado (Chatwood 4-5), 8:40 p.m.
Tuesday's games
Washington at Philadelphia, 7:05 p.m.
Miami at Atlanta, 7:10 p.m.
Milwaukee at Cincinnati, 7:10 p.m.
Pittsburgh at N.Y. Mets, 7:10 p.m.
St. Louis at Houston, 8:05 p.m.
Chicago Cubs at Colorado, 8:40 p.m.
L.A. Dodgers at San Diego, 10:05 p.m.
Arizona at San Francisco, 10:15 p.m.

RAYS 3, BLUE JAYS 0

Toronto	ab	r	h	bi	Tampa Bay	ab	r	h	bi
Lawrie 3b	4	0	0	0	DJnngs lf	3	1	1	0
Rasms cf	4	0	0	0	BUpton cf	4	1	1	1
Encrnc dh	4	0	1	0	Zobrist ss	2	1	1	0
Lind 1b	3	0	0	0	Longori 3b	4	0	2	2
Arencii c	4	0	0	0	Scott dh	3	0	0	0
YEscor ss	3	0	3	0	BFrncs ph-dh	1	0	0	0
KJhnsn 2b	3	0	1	0	Kpngr 2b	3	0	0	0
Sierra rf	4	0	0	0	RRorts 2b	1	0	0	0
Gose lf	4	0	2	0	Joyce rf	3	0	1	0
C.Pena 1b	3	0	1	0					
Vogt c	2	0	0	0					
JMolin c	1	0	0	0					
Totals	**33**	**0**	**7**	**0**	**Totals**	**30**	**3**	**7**	**3**

Toronto	000	000	000 —0
Tampa Bay	100	000	02x —3

DP—Toronto 1. LOB—Toronto 9, Tampa Bay 6. 2B—Gose (6), Longoria (13), Joyce (18). HR—B.Upton (26). SB—De.Jennings (29). S—K.Johnson.

Toronto	IP	H	R	ER	BB	SO
Jenkins L,0-2	5	2	1	1	1	4
Delabar	1 1-3	2	0	0	0	3
Oliver	2-3	1	0	0	0	1
Lyon	1-3	2	2	2	1	0
Loup	2-3	0	0	0	0	1
Tampa Bay						
Hellickson W,9-10	5 2-3	5	0	0	2	6
McGee H,17	1-3	0	0	0	0	1
Farnsworth H,7	2-3	1	0	0	0	0
Howell H,3	1-3	0	0	0	0	0
Jo.Peralta H,35	1	0	0	0	0	1
Rodney S,44-46	1	1	0	0	0	1

HBP—by Jenkins (De.Jennings). WP—Hellickson. Umpires—Home, Bob Davidson; First, Brian Gorman; Second, Tony Randazzo; Third, Todd Tichenor.
T—3:00. A—18,985 (34,078) at St. Petersburg, Fla. .

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	12	8	4	0	332	337	16
Toronto	12	6	6	0	288	305	12
Hamilton	12	4	8	0	353	381	8
Winnipeg	12	3	9	0	235	377	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	12	9	3	0	317	222	18
Calgary	12	7	5	0	337	287	14
Saskatchewan	12	6	6	0	314	259	12
Edmonton	12	5	7	0	265	275	10

Week 13
Sunday's results
Montreal 31 Toronto 10
Saskatchewan 30 Calgary 25
Saturday's result
B.C. 19 Edmonton 18
Friday's result
Winnipeg 34 Hamilton 12
Week 14
Friday's game — All Times Eastern
Montreal at Hamilton, 7 p.m.
Edmonton at Calgary, 10 p.m.
Saturday's games
Toronto at Winnipeg, 7 p.m.
B.C. at Saskatchewan, 10 p.m.

ALOUETTES 31, ARGONAUTS 10

First Quarter
Mtl — TD Anderson 40 pass from Calvillo (Whyte convert) 3:56
Mtl — FG Whyte 10 10:38
Tor — FG Waters 34 14:20
Second Quarter
Mtl — TD Guy 9 pass from Calvillo (Whyte convert) 10:26
Tor — FG Waters 36 12:39
Third Quarter
Mtl — TD Guy 129 missed FG return (Whyte convert) 4:13
Tor — Single Waters 35 8:38
Mtl — TD Anderson 5 run (Whyte convert) 13:14
Fourth Quarter
Tor — Safety Whyte concedes 10:00
Tor — Single Waters 60 11:28

Toronto	**3**	**3**	**1**	**3**	**—10**
Montreal	**10**	**7**	**14**	**0**	**—31**

Attendance — 23,209 at Montreal.

TEAM STATISTICS

	Tor	Mtl
First downs	15	21
Yards rushing	94	124
Yards passing	228	315
Total offence	322	439
Team losses	20	6
Net offence	302	433
Passes made-tried	18-35	15-29
Return-yards	141	168
Intercepts-yards by	2-0	1-0
Fumbles-lost	1-0	1-0
Sacks by	0	2
Punts-average	8-50.0	5-43.3
Penalties-yards	12-89	9-63
Time of possession	29:58	30:02

INDIVIDUAL STATISTICS

Rushing: Tor — Kackert 13-84, Owens 1-8, J.Jackson 1-2; Mtl — Anderson 17-76, Jennings 5-23, McPherson 3-13, Calvillo 1-12.
Receiving: Tor — Owens 6-87, Inman 3-65, Bradwell 3-31, Johnson 2-20, Rambo 2-12, Watt 1-10, Kackert 1-3; Mtl — London 5-118, Richardson 4-79, S.Green 2-58, Anderson 3-51, Guy 1-9.
Passing: Tor — Rays 3-4, 30 yards, 0 TDs, 0 ints, J.Jackson 15-31-198-0-1; Mtl — Calvillo 15-29-315-2-2.

GOLF

PGA TOUR CHAMPIONSHIP

At Atlanta
Par 70
Final Round

Brandt Snedeker (2,500), $1,440,000	68-70-64-68—270
Justin Rose (1,500), $864,000	66-68-68-71—273
Luke Donald (875), $468,000	71-69-67-67—274
Ryan Moore (875), $468,000	69-70-65-70—274
Webb Simpson (525), $304,000	71-68-70-66—275
Bubba Watson (525), $304,000	69-66-70-70—275
Jim Furyk (450), $272,000	69-64-72-72—277
Hunter Mahan (413), $248,000	68-73-71-66—278
Tiger Woods (413), $248,000	66-73-67-72—278
Robert Garrigus (327), $205,760	68-69-69-73—279
Dustin Johnson (327), $205,760	69-67-73-70—279
Matt Kuchar (327), $205,760	67-69-70-73—279
Rory McIlroy (327), $205,760	69-68-68-74—279
Bo Van Pelt (327), $205,760	67-68-71-73—279
Sergio Garcia (273), $167,200	69-73-71-68—281
Zach Johnson (273), $167,200	68-69-70-74—281
Phil Mickelson (273), $167,200	69-71-72-69—281
Scott Piercy (273), $167,200	67-73-71-70—281
Adam Scott (260), $156,800	68-73-70-72—283
Jason Dufner (253), $152,000	70-70-71-73—284
Carl Pettersson (253), $152,000	71-67-75-71—284
Steve Stricker (245), $147,200	67-73-73-73—286
Keegan Bradley (235), $140,800	70-73-70-74—287
Rickie Fowler (235), $140,800	71-68-72-76—287
Louis Oosthuizen (235), $140,800	70-71-69-77—287
John Senden (225), $134,400	72-68-73-75—288
Ernie Els (220), $132,800	72-75-71-71—289
Nick Watney (215), $131,200	75-74-70-74—293
John Huh (210), $129,600	74-70-73-77—294
Lee Westwood (205), $128,000	72-73-76-74—295

PGA TOUR FEDEXCUP FINAL STANDINGS

	Points—Money
1. Brandt Snedeker	4,100—$10,000,000
2. Rory McIlroy	2,827—$3,000,000
3. Tiger Woods	2,663—$2,000,000
4. Nick Watney	2,215—$1,500,000
5. Phil Mickelson	2,073—$1,000,000
6. Justin Rose	1,770—$800,000
7. Louis Oosthuizen	1,635—$700,000
8. Dustin Johnson	1,527—$600,000
9. Luke Donald	1,275—$550,000
10. Lee Westwood	1,205—$500,000
11. Ryan Moore	1,105—$300,000
12. Zach Johnson	1,073—$290,000
13. Bubba Watson	1,005—$280,000
14. Jason Dufner	853—$270,000
15. Jim Furyk	790—$250,000
16. Webb Simpson	785—$245,000
17. Sergio Garcia	733—$240,000
18. Matt Kuchar	707—$235,000
19. Hunter Mahan	693—$230,000
20. Steve Stricker	685—$225,000
21. Keegan Bradley	655—$220,000
22. Bo Van Pelt	647—$215,000
23. Robert Garrigus	637—$210,000
24. Carl Pettersson	613—$205,000
25. Adam Scott	560—$200,000
26. Ernie Els	510—$195,000
27. Scott Piercy	483—$190,000
28. Rickie Fowler	475—$185,000
29. John Huh	460—$180,000
30. John Senden	445—$175,000

LPGA NAVISTAR CLASSIC

At Prattville, Ala.
Par: 72
Final

Stacy Lewis, $195,000	66-70-65-69—270
Lexi Thompson, $120,962	63-69-74-66—272
Mi Jung Hur, $70,089	68-65-72-68—273
Haeji Kang, $70,089	70-68-67-68—273
Angela Stanford, $70,089	67-68-68-70—273
Beatriz Recari, $41,060	70-71-66-67—274
Sarah Jane Smith, $41,060	69-69-68-68—274
Meena Lee, $29,692	70-67-71-67—275
So Yeon Ryu, $29,692	69-69-69-68—275
Also:	
Alena Sharp, $7,649	**67-69-73-72—281**
Lorie Kane, $3,841	**67-68-76-75—286**
Samantha Richdale, $3,444	**71-72-74-70—287**

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	1	0	.667	81	75
Buffalo	2	1	0	.667	87	79
New England	1	2	0	.333	82	64
Miami	1	2	0	.333	65	66

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	0	0	1.000	57	17
Jacksonville	1	2	0	.333	52	70
Tennessee	1	2	0	.333	67	113
Indianapolis	1	2	0	.333	61	83

NORTH

	W	L	T	Pct	PF	PA
Cincinnati	2	1	0	.667	85	102
Baltimore	2	1	0	.667	98	67
Pittsburgh	1	1	0	.500	46	41
Cleveland	0	3	0	.000	57	75

WEST

	W	L	T	Pct	PF	PA
San Diego	2	1	0	.667	63	51
Denver	1	1	0	.500	52	46
Kansas City	1	2	0	.333	68	99
Oakland	0	2	0	.000	27	57

WEEK THREE

Thursday's result
N.Y. Giants 36 Carolina 7
Sunday's results
Dallas 16 Tampa Bay 10
Chicago 23 St. Louis 6
Minnesota 24 San Francisco 13
Tennessee 44 Detroit 41, OT
Kansas City 27 New Orleans 24, OT
Cincinnati 38 Washington 31
N.Y. Jets 23 Miami 20, OT
Buffalo 24 Cleveland 14
Jacksonville 22 Indianapolis 17
Arizona 27 Philadelphia 6
Atlanta 27 San Diego 3
Oakland 34 Pittsburgh 31
Houston 31 Denver 25
Baltimore 31 New England 30
Monday's Game — All Times Eastern
Green Bay at Seattle, 8:30 p.m.

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	2	1	0	.667	47	54
Philadelphia	2	1	0	.667	47	66
N.Y. Giants	2	1	0	.667	94	65
Washington	1	2	0	.333	99	101

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	3	0	0	1.000	94	48
Tampa Bay	1	2	0	.333	60	67
Carolina	1	2	0	.333	52	79
New Orleans	0	3	0	.000	83	102

NORTH

	W	L	T	Pct	PF	PA
Minnesota	2	1	0	.667	70	59
Chicago	2	1	0	.667	74	50
Green Bay	1	1	0	.500	45	40
Detroit	1	2	0	.333	87	94

WEST

	W	L	T	Pct	PF	PA
Arizona	3	0	0	1.000	67	40
San Francisco	2	1	0	.667	70	65
Seattle	1	1	0	.500	43	27
St. Louis	1	2	0	.333	60	78

WEEK FOUR

Thursday, Sep. 27 — All Times Eastern
Cleveland at Baltimore, 8:20 p.m.
Sunday, Sep. 30
Tennessee at Houston, 1 p.m.
San Diego at Kansas City, 1 p.m.
Seattle at St. Louis, 1 p.m.
New England at Buffalo, 1 p.m.
Minnesota at Detroit, 1 p.m.
Carolina at Atlanta, 1 p.m.
San Francisco at N.Y. Jets, 1 p.m.
Miami at Arizona, 4:05 p.m.
Oakland at Denver, 4:05 p.m.
Cincinnati at Jacksonville, 4:05 p.m.
New Orleans at Green Bay, 4:25 p.m.
Washington at Tampa Bay, 4:25 p.m.
N.Y. Giants at Philadelphia, 8:20 p.m.
Open: Indianapolis, Pittsburgh
Monday, Oct. 1
Chicago at Dallas, 8:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	30	16	7	7	37	25	55
Chicago	29	16	8	5	42	34	53
New York	30	14	8	8	50	43	50
D.C. United	30	15	10	5	47	39	50
Houston	30	12	8	10	42	37	46
Columbus	30	13	11	6	36	37	45
Montreal	31	12	15	4	44	49	40
Philadelphia	28	8	14	6	29	33	30
New England	30	7	15	8	37	41	29
Toronto	30	5	18	7	34	55	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	30	18	6	6	62	36	60
x-Los Angeles	30	15	11	4	54	42	49
x-Real Salt Lake	30	15	11	4	40	34	49
Seattle	29	13	7	9	45	31	48
Vancouver	30	10	12	8	31	40	38
Dallas	30	9	12	9	35	38	36
Colorado	30	9	18	3	38	45	30
Portland	30	7	15	8	31	51	29
Chivas USA	29	7	15	7	21	45	28

x — clinched playoff berth.
Note: Three points for a win, one for a tie.
Sunday's results
Philadelphia 3 Houston 1
D.C. United 1 Chivas USA 0
Colorado 2 Vancouver 2
Saturday's results
Montreal 0 Kansas City 0
Los Angeles 4 Toronto 2
Chicago 2 Columbus 1
New York 1 New England 1
Real Salt Lake 2 Portland 1
San Jose 2 Seattle 1
Friday, Sept. 28 — All Times Eastern
Chicago at Kansas City, 8:30 p.m.
Saturday, Sept. 29
Toronto at New York, 7 p.m.
Philadelphia at Columbus, 7:30 p.m.
New England at Houston, 8:30 p.m.
Seattle at Vancouver, 9 p.m.
D.C. United at Portland, 10:30 p.m.
Real Salt Lake at Chivas USA, 10:30 p.m.
Dallas at San Jose, 10:30 p.m.
Sunday, Sept. 30
Los Angeles at Colorado, 7 p.m.

GALAXY 4, TFC 2

SATURDAY NIGHT

Toronto	**1**	**1**	**—2**
Los Angeles	**3**	**1**	**—4**

First Half
1. Los Angeles, Juninho 6, 11th minute
2. Los Angeles, Juninho 7 (Franklin), 33rd
3. Los Angeles, Keane 13 (Magee, Donovan), 36th
4. Toronto, Dunfield 3 (Silva), 38th
Second Half
5. Toronto FC, Silva 5 (Avila), 86th
6. Los Angeles, Keane 14 (Donovan, Juninho), 90th+
Yellow Cards — Toronto: Johnson (30), O'Dea (80), Morgan (85).
Referee — Yader Reyes. Assistant Referees — Craig Lowry, George Gansner. Fourth Official — Jesus Cisneros.
Attendance — 27,000 at Carson, Calif.

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Horoscopes

♈ Aries
March 21 - April 20
Keep things simple this week because if you lose focus you will get confused and make it easy for your rivals to get the better of you – and no way should they ever be better than you.

♉ Taurus
April 21 - May 21
Ever had the feeling that you are repeating yourself? If you get it today you must stand back from what you are doing and try to remember when and where it occurred before. It could save you money.

♊ Gemini
May 22 - June 21
Think carefully about what you are about to do and don't do it unless you are absolutely sure it is right and proper. The planets indicate you won't lose out by being a bit more cautious than usual.

♋ Cancer
June 22 - July 23
The most important thing now is that you are clear in your own mind about your feelings and motivations. Time spent thinking will not be time lost. On the contrary, it's an investment in your future success.

♌ Leo
July 24 - Aug. 23
It would be wise to compromise with loved ones and colleagues today, even if you honestly believe that you are right and they are wrong. They have the power to make life uncomfortable for you if they so choose.

♍ Virgo
Aug. 24 - Sept. 23
You have important things to do and you cannot afford to waste time on small talk or idle chatter. You may have to be blunt, even rude, with people who seem unable to raise their sights as high as your own.

♎ Libra
Sept. 24 - Oct. 23
You are the most important person in your life and must always put yourself first. That might sound selfish but until you take care of your own needs and desires you won't be able to take care of others.

♏ Scorpio
Oct. 24 - Nov. 22
What you learn today will in some small but important way change how you look at the world. Just because different people have different ways of seeing does not mean that one is right and one is wrong.

♐ Sagittarius
Nov. 23 - Dec. 21
Make peace with rivals and enemies. You have more important things to do with your time than waste it on petty feuds. The good news? Someone you meet on your travels could turn out to be your new best friend.

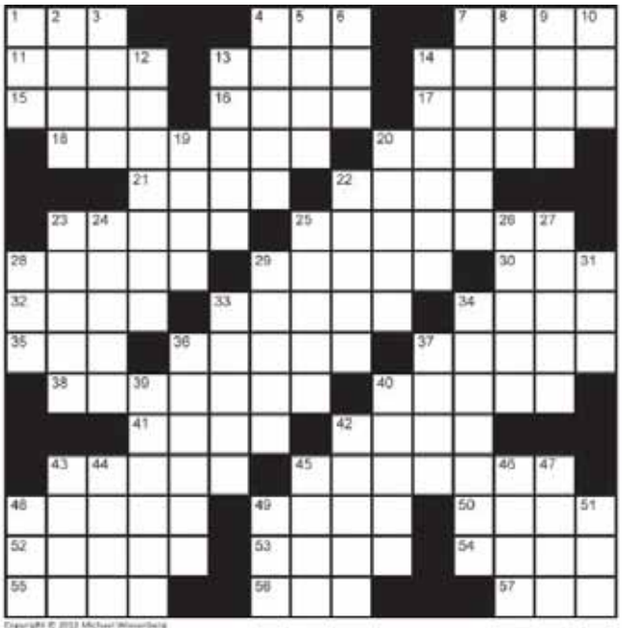
♑ Capricorn
Dec. 22 - Jan. 20
Stop complaining that things never go right for you and take charge of your own destiny. If you look for the pattern behind your existence you will find it, and once you have found it you will find happiness too.

♒ Aquarius
Jan. 21 - Feb. 19
You need to be a bit more active and assertive. You can, if you wish, sit back and let life come to you but at some point in the future you will look back and wish you had been more ambitious.

♓ Pisces
Feb. 20 - March 20
Someone you usually get along with will say something critical today and if you are smart you will act on their comments. When a true friend gives you a warning you should take it as a wake-up call. **SALLY BROMPTON**

Mishmash

BY MICHAEL WIESENBERG



Across
1. 747, 767, or 777
4. Cut grass
7. Dart here and there
11. Affirm confidently
13. ___ Scotia
14. Greek Mediterranean island that was the centre of the Minoan civilization
15. ___ noire: frightful thing
16. Couturier ___ Saint Laurent
17. Excessive hurry
18. Third-largest municipality in 25-Across (2 wds.)
20. He-man's antithesis
21. "Blueberry Hill" singer ___ Domino
22. Animals, to hunters
23. One-armed bandits, for short
25. Canada's first province, alphabetically
28. Cognizant of one's surroundings
29. Battle wounds
30. Big ___: large truck
32. "My name is ___, James ..."
33. Odin's mythology
34. Equine female
35. Before: poetic
36. Steams up
37. DSL need
38. 25-Across's northern member of the CFL
40. Bathroom floor worker
41. Wedding day exchanges (2 wds.)
42. "The Seven Deadly ___"
43. Toy bear named for a US president
45. Vancouver CFL team (2 wds)
48. "En ___!": fencer's alert
49. Apple covering
50. Tidy
52. Foreigner
53. Broadway award
54. Big truck
55. A person's equal
56. Tidbit for an aardvark
57. Bear's hibernation spot

Down
1. Boxing blow
2. Any time
3. Head: Fr.
4. Relocates
5. Done
6. Existed
7. The longest river in BC
8. Not more
9. Teeny
10. Golf stand
12. Sundance Film Festival founder Robert
13. Kremlin denials
14. Musical bells
19. Go out with
20. Bladed weapon
22. Drinking vessel
23. Said "#@$&!!"
24. Country roads
25. 43,560-square-foot units
26. Occupation
27. Broadcaster
28. "Honest ___": President Lincoln
29. Individual performances at a concert
31. Amethyst or tourmaline
33. Leonard ___: Star Trek's Spock portrayer
34. Beer that had the "I Am Canadian" ad campaign
36. Word after debt or guilt meaning "overwhelmed by"
37. BMW subcompact model taken over from Rover in 2000
39. Margot ___: Yellowknife-born Lois Lane portrayer in four Superman movies
40. Canadian actress and poker player Jennifer (Oscar-nominated for Bullets Over Broadway) or younger sister actress Meg
42. A bloodhound follows one
43. Dickens' A ___ of Two Cities
44. Great Lake
45. ___ the lookout for: watch for (2 wds.)
46. Require
47. Identical
48. "Mind the ___": London Underground warning
49. School fund-raising grp.
51. Frontier badge material

Friday's Crossword

What's online

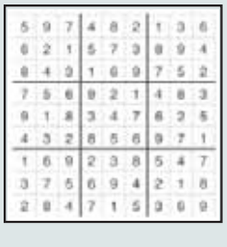
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

1			9					
6		3		2	4			5
	9	4	7					
						3	6	
4		2				8		9
	7	1						
					5	7	9	
8			3	6		2		1
					2			4

Friday's Sudoku



Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 25° MIN: 11°	MAX: 23° MIN: 10°	MAX: 25° MIN: 12°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ METEOROLOGIST
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Downtown
Sept. 25 - Sept. 27

South Centre
Sept. 28 - Sept. 30

Chinook
Oct. 3 - Oct. 4

the Bay